

What is the problem?

The **2011 Montana Youth Risk Behavior Survey** indicates that among high school students:

Obesity:

- 9% were obese (students who were $\geq 95^{\text{th}}$ percentile for body mass index, by age and sex, based on reference data).

Unhealthy Dietary Behaviors:

- 83% ate fruits and vegetables less than five times per day during the past 7 days.
- 73% ate fruit less than two times per day during the past 7 days.
- 88% ate vegetables less than three times per day during the past 7 days.
- 23% drank a can, bottle, or glass of soda or pop at least one time per day during the past 7 days.

Physical Inactivity:

- 10% did not participate in at least 60 minutes of physical activity on any day during the past 7 days.
- 45% were not physically active at least 60 minutes per day during at least five of the past 7 days.
- 44% did not attend physical education (PE) classes in an average week when they were in school.
- 67% did not attend PE classes daily when they were in school.
- 22% watched television 3 or more hours per day on an average school day.
- 21% used computers 3 or more hours per day on an average school day.

What are the solutions?

Better health education • More PE and physical activity programs • Healthier school environments

What is the status?

The **2010 Montana School Health Profiles** indicates that among high schools:

Health Education

- 94% required students to take 2 or more health education courses.
- 69% had a health education curriculum that addresses all 8 national standards for health education.
- 72% taught 14 key nutrition and dietary behavior topics in a required course.
- 56% taught 12 key physical activity topics in a required course.

PE and Physical Activity

- 76% did not allow students to be exempted from taking a required PE course for certain reasons.
- 58% offered opportunities for all students to participate in intramural activities or physical activity clubs.

School Environment

- 17% did not sell less nutritious foods and beverages anywhere outside the school food service program.
- 44% did not sell pop or fruit drinks that are not 100% juice from vending machines or at the school store, canteen, or snack bar.
- 6% always offered fruits or non-fried vegetables in vending machines and school stores, canteens, or snack bars, and during celebrations when foods and beverages are offered.
- 33% prohibited all forms of advertising and promotion of candy, fast food restaurants, or soft drinks in all locations.
- 51% used the School Health Index or a similar self-assessment tool to assess their policies, activities, and programs in nutrition and physical activity.